


## COMMUNITY EDUCATION WORKSHOPS

### *Resilience: The Biology of Stress and the Science of Hope* A Documentary Screening & Resource Fair

Educators, high school & college students, parents & caregivers, service providers, probation & law enforcement representatives and community advocates came together to learn and discuss helping build resilience in our community to create bright futures for generations to come

 **250** attendees

#### Vendors:

- South Bay Community Services
- McAlister Institute South Teen Recovery Center
- San Ysidro Health Center
  - Teen Clinic
  - Behavioral Health
- Behavioral Health Services (County of San Diego, HHSA)
- Sharp

## COMMUNITY CAFÉS

Location	Date	Attendance
Norman Park Senior Center	Jan. 12, 2017	21
Granada Mobile Estates Clubhouse	Jan. 19, 2017	18
Fredericka Manor	Feb. 16, 2017	12
Joint listening session with County of San Diego at Castle Park Middle	Feb. 21, 2017	52
Seniors on Broadway	Mar. 16, 2017	9

#### Feedback:

##### ASSETS

- Healthcare
- Facilities (e.g., senior centers & libraries)
- Volunteer opportunities
- Cultural diversity
- Proximity to amenities

##### OPPORTUNITIES

- Housing
- Transportation
- Social isolation
- Safety/Crime
- Homelessness




## PROJECTS & PROGRAMS

### Resident Leadership Academy

2 cohorts graduated from Castle Park (Chula Vista Promise Neighborhood)

#### Community-based Projects:

- Community garden
- Biking facilities
- Increased safety & lighting
- Neighbor Day

**20** graduates 

### Kids Choice Chula Vista



In March, the City launched this program which supports eateries that offer children healthy beverage options, provides access to various promotional avenues and includes free resources

## PARTNERSHIPS



### San Diego State University (SDSU) School of Public Health & Smart Health Initiative

- 4/14– Presentation to professors in all disciplines from the College of Health and Human Services - 13 attendees
- Goal: Have SDSU faculty members serve as technical advisors and help develop valid and reliable metrics that are sustainable over time



### Age Well San Diego Survey– developed by the County of San Diego's consultants, Harder + Company

- The survey results, together with other research by AARP, the City, and the County, will help form the three-year community-wide action plan that will be written over the next year